

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin C, total ascorbic acid (mg)

Food Groups: Fruits and Fruit Juices
Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 19, 2015 21:37 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09002	Acerola juice, raw	242.0	1.0 cup	3872.0
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	1644.0
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	379.4
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	379.4
09139	Guavas, common, raw	165.0	1.0 cup	376.7
09143	Guava sauce, cooked	238.0	1.0 cup	348.4
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	273.7
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	248.0
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	235.5
09083	Currants, european black, raw	112.0	1.0 cup	202.7
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	187.6
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	166.9
09164	Litchis, raw	190.0	1.0 cup	135.8
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	130.7
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	126.8
09206	Orange juice, raw	248.0	1.0 cup	124.0
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	122.0
09205	Oranges, raw, with peel	170.0	1.0 cup	120.7
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	118.4
09295	Pummelo, raw	190.0	1.0 cup, sections	115.9
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	112.4
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	110.2
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	109.5
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	105.6
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	103.6
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	100.7
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	100.1
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	97.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	95.8
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	95.5
09152	Lemon juice, raw	244.0	1.0 cup	94.4
09128	Grapefruit juice, white, raw	247.0	1.0 cup	93.9
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	93.9
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	93.1
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	91.1
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	90.8
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	90.7
09140	Guavas, strawberry, raw	244.0	1.0 cup	90.3
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	90.1
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	90.1
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	89.5
09316	Strawberries, raw	152.0	1.0 cup, halves	89.4
09226	Papayas, raw	145.0	1.0 cup 1" pieces	88.3
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	87.6
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	87.3
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	85.2
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	85.1
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	85.1
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	84.4
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	83.7
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	83.7
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	83.7
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	83.7
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	83.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	83.2
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	80.5
09334	Feijoa, raw	243.0	1.0 cup, pureed	79.9
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	79.1
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	78.9
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	78.2
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	76.9
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	76.6
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76.6

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09221	Tangerine juice, raw	247.0	1.0 cup	76.6
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	74.9
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	73.6
09160	Lime juice, raw	242.0	1.0 cup	72.6
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	71.9
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	71.8
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	71.4
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	71.1
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	70.8
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	70.5
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	69.9
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	69.9
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	67.5
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	67.2
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	65.0
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	64.1
09059	Breadfruit, raw	220.0	1.0 cup	63.8
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	63.2
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	63.2
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	63.0
09427	Abiyuch, raw	114.0	0.5 cup	61.7
09176	Mangos, raw	165.0	1.0 cup pieces	60.1
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	60.0
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	60.0
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	59.8
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	57.0
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	54.8
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	54.1
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	53.6
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	53.2
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	53.0
09088	Elderberries, raw	145.0	1.0 cup	52.2
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	52.1
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	51.7
09190	Mulberries, raw	140.0	1.0 cup	51.0

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09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	49.9
09082	Cranberry-orange relish, canned	275.0	1.0 cup	49.5
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	47.9
09315	Soursop, raw	225.0	1.0 cup, pulp	46.4
09084	Currants, red and white, raw	112.0	1.0 cup	45.9
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	45.5
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	45.4
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	45.0
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	45.0
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	44.2
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	43.8
09107	Gooseberries, raw	150.0	1.0 cup	41.6
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	41.2
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	40.2
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	40.0
09436	Mango nectar, canned	251.0	1.0 cup	38.2
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	37.1
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	36.7
09433	Clementines, raw	74.0	1.0 fruit	36.1
09313	Sapodilla, raw	241.0	1.0 cup, pulp	35.4
09302	Raspberries, raw	123.0	1.0 cup	32.2
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	30.6
09042	Blackberries, raw	144.0	1.0 cup	30.2
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	30.0
09428	Rowal, raw	114.0	0.5 cup	29.4
09043	Blackberry juice, canned	250.0	1.0 cup	28.2
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	27.9
09434	Guanabana nectar, canned	251.0	1.0 cup	27.9
09277	Plantains, raw	148.0	1.0 cup, sliced	27.2
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25.2
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	25.0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	23.7
43382	Cranberry juice, unsweetened	253.0	1.0 cup	23.5
09144	Jackfruit, raw	165.0	1.0 cup, sliced	22.6
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	22.6

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09167	Loganberries, frozen	147.0	1.0 cup, unthawed	22.5
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	22.3
09278	Plantains, cooked	200.0	1.0 cup, mashed	21.8
09035	Apricots, frozen, sweetened	242.0	1.0 cup	21.8
09287	Prickly pears, raw	149.0	1.0 cup	20.9
09038	Avocados, raw, California	230.0	1.0 cup, pureed	20.2
09062	Cherimoya, raw	160.0	1.0 cup, pieces	20.2
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	19.6
09040	Bananas, raw	225.0	1.0 cup, mashed	19.6
09159	Limes, raw	67.0	1.0 fruit (2" dia)	19.5
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	19.3
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	19.2
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	19.0
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	18.9
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	18.9
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18.8
09437	Tamarind nectar, canned	251.0	1.0 cup	17.8
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	17.7
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	17.0
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	16.5
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	16.5
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	15.9
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	15.7
09279	Plums, raw	165.0	1.0 cup, sliced	15.7
09021	Apricots, raw	155.0	1.0 cup, halves	15.5
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	15.5
09078	Cranberries, raw	110.0	1.0 cup, chopped	15.4
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.4
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	15.0
09050	Blueberries, raw	148.0	1.0 cup	14.4
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	14.3
09296	Quinces, raw	92.0	1.0 fruit without refuse	13.8
09110	Goji berries, dried	28.0	5.0 tbsp	13.6
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	13.2
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	12.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	12.6
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	12.6
09326	Watermelon, raw	154.0	1.0 cup, balls	12.5
09451	Horned melon (Kiwano)	233.0	1.0 cup	12.3
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	12.3
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	12.0
09095	Figs, dried, stewed	259.0	1.0 cup	11.4
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	11.3
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	10.7
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	10.6
09294	Prune juice, canned	256.0	1.0 cup	10.5
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	10.2
09236	Peaches, yellow, raw	154.0	1.0 cup slices	10.2
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	9.9
09307	Rhubarb, raw	122.0	1.0 cup, diced	9.8
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	9.7
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	9.5
09163	Blueberries, dried, sweetened	40.0	0.25 cup	9.5
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	9.4
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	9.3
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	9.2
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	9.1
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	9.0
09299	Raisins, seeded	165.0	1.0 cup, packed	8.9
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	8.9
09077	Crabapples, raw	110.0	1.0 cup slices	8.8
09192	Oheloberries, raw	140.0	1.0 cup	8.4
09149	Kumquats, raw	19.0	1.0 fruit without refuse	8.3
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	8.3
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	8.2
09216	Orange peel, raw	6.0	1.0 tbsp	8.2
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	8.0
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	7.9
09156	Lemon peel, raw	6.0	1.0 tbsp	7.7
09191	Nectarines, raw	143.0	1.0 cup slices	7.7

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09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	7.7
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	7.7
09229	Papaya nectar, canned	250.0	1.0 cup	7.5
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	7.4
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	7.4
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	7.3
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	7.2
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	7.2
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	7.2
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7.1
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	7.1
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	7.0
09311	Roselle, raw	57.0	1.0 cup, without refuse	6.8
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	6.8
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6.8
09085	Currants, zante, dried	144.0	1.0 cup	6.8
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	6.7
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	6.7
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	6.6
09413	Pears, raw, red anjou	126.0	1.0 small	6.6
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	6.6
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	6.4
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	6.4
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	6.3
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	6.2
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	6.2
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	6.2
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	6.1
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	6.0
09252	Pears, raw	140.0	1.0 cup, slices	6.0
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	6.0
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	5.9
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	5.8
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	5.7
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	5.5

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09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	5.4
09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.3
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	5.1
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	5.1
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5.0
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	5.0
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	5.0
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	4.9
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	4.8
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	4.7
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	4.7
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	4.7
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	4.6
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	4.6
09165	Litchis, dried	2.5	1.0 fruit	4.6
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	4.4
09004	Apples, raw, without skin	110.0	1.0 cup slices	4.4
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	4.3
09322	Tamarinds, raw	120.0	1.0 cup, pulp	4.2
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	4.2
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	4.1
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4.1
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	4.1
09446	Plantains, green, fried	118.0	1.0 cup	4.0
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	4.0
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	3.9
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	3.9
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	3.8
09298	Raisins, seedless	165.0	1.0 cup, packed	3.8
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.8
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	3.7
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	3.7
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	3.4
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	3.1
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	2.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	2.9
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.8
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.8
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2.8
09172	Longans, raw	3.2	1.0 fruit without refuse	2.7
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2.6
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	2.6
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.6
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	2.6
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.6
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	2.6
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	2.5
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	2.5
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	2.5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	2.5
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	2.5
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	2.4
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	2.4
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	2.4
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	2.4
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	2.3
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2.2
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	2.2
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2.1
09094	Figs, dried, uncooked	149.0	1.0 cup	1.8
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	1.8
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.6
09423	Prune puree	36.0	2.0 tbsp	1.5
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	1.5
09174	Loquats, raw	149.0	1.0 cup, cubed	1.5
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	1.4
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	1.4
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1.3
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	1.3
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.2
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	1.2
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	1.2
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.0
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	1.0
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.0
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.0
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.9
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.8
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.8
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.7
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.7
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.7
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.6
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.5
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.5
09173	Longans, dried	1.7	1.0 fruit	0.5
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.4
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.4
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.3